

Sweet Potato Casserole

Makes: 10 servings

Ingredients

- 4** sweet potatoes (about 1 lb)
- 3** egg whites
- 1/2 cup** sugar
- 1 can** evaporated milk, nonfat (12 ounce)
- 1 tablespoon** vanilla extract
- 1 teaspoon** cinnamon
- 1/2 teaspoon** nutmeg
- 1/2 teaspoon** ginger

Directions

1. Rinse sweet potatoes in cold running water and pierce with a fork.
2. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them half way during baking.
3. Preheat oven to 400 degrees. Remove skin from sweet potatoes and mash with hand beaters or food processor. Add the rest of the ingredients and mix until smooth.
4. Pour mixture in an 8 inch square baking pan. Bake until casserole is firm in the center, about 40 minutes.
5. Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares.

Nutrition Information

Nutrients	Amount
Calories	110
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	80 mg
Total Carbohydrate	24 g
Dietary Fiber	2 g
Total Sugars	16 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

6. Serve hot. Refrigerate leftovers.

Notes

You may want to experiment with using canned sweet potatoes.

Source: Food and Health Communications, Inc, Cooking Demo II, p.167